

Horses and helpers

Therapeutic riding centre makes kids' day.
Page 4

SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS

Game on!

Women's volleyball squad eyes OCAA.
Page 7



MONDAY, JANUARY 11, 2010

CONESTOGA COLLEGE, KITCHENER, ONT.

WWW.CONESTOGACON.CA/SPOKE

42 NTI TEAM - NO. 1

Students help others get in the game

By JANELLE SCHEIFELE

Kelly Boudreau has witnessed first-hand the difficulty some hockey parents have paying for their children to play hockey. Her friend is a single mom and struggles to pay for the expensive equipment and fees.

Boudreau is a general business student at Conestoga College and as part of her project management class she and a group were required to run an event. Her group decided to organize a used hockey equipment drive. They struggled at first with the logistics and to which organization they should donate the equipment.

Eventually Boudreau and her group teamed up with the Kitchener Minor Hockey Association and their Sponsored Kids Program, run by Donna Weber. This organization gives used equipment directly to deserving children or sells it to stores such as Play It Again for money. Funds go toward buying equipment or helping out families who can't afford the registration fees. The process is completely anonymous and even the coaches may not know they have a "subsidized" player unless the parents choose to tell them.

"Any child wishing to play

hockey ... has the right to play," said Rolland Cyr, general manager of KMHA.

Boudreau and four other students collected donations during the Kitchener Blueline Tournament, which brings in players from 84 teams across North America. The drive ran from noon to 4 p.m. on Nov. 27 and 28. Collection areas were set up both days at the Axta Sportsplex and the Kitchener Memorial Auditorium, with an additional location at RIM Park on the second day.

Boudreau and her group advertised around Conestoga College, in the Waterloo Region Record and on local radio stations. Their original goal was to outfit 20 kids, an objective they surpassed. On the Friday at Axta alone they collected 17 bags full of equipment and at RIM on Saturday afternoon a KMHA volunteer had already been by once to take away a truckload of donations.

"It's been a hit," Boudreau said of the drive. "The donations have been crazy. I can't believe it."

Even though the drive was only two days long, KMHA takes donations all year. Funds for the Sponsored Kids Program come from drives,



PHOTO BY JANELLE SCHEIFELE

Kelly Boudreau, a general business student at Conestoga College, poses with donated used hockey equipment at RIM Park on Nov. 28. Boudreau and a group of students in her program management class organized the drive which ran at three locations during the Kitchener Blueline Tournament. Proceeds went to Kitchener Minor Hockey's Sponsored Kids Program.

donations, honorariums and fundraising dollars teams have leftover at the end of the year.

"KMHA is very grateful ...

and we're very proud to see students giving back to their community," said Cyr.

Cyr encourages anyone interested in making a dona-

tion to contact KMHA. Their office is open Monday to Friday from 8:30 a.m. to 4:30 p.m. and they can be reached by phone at 519-579-2229.

MUGGING FOR THE CAMERA

Students re-energized themselves the afternoon of Dec. 8 in the cafeteria with free coffee samples. Chartwells displayed mugs available for students to purchase while they tested coffee, in the hope that paper cups would be used, thus reducing the amount of garbage generated on campus. For additional photo see Page 3.



PHOTO BY STACEY FALCONER

Recycling creates jobs

By DANE BRASON

This year Conestoga College has increased its green initiatives on campus, most notably the new in-class recycling program. The installation of three small recycling containers in rooms throughout the college has been a success, but has also caused a lot more work for cleaning staff due to the larger number of containers to clean out.

To meet the new demand the college and Conestoga Students Inc. have put together a new initiative in partnership with Christian Horizons. Christian Horizons is a non-profit Christian organization that helps people with special needs live a productive life.

The pilot project would involve Christian Horizons' clients coming to the college and cleaning out the recycling in designated hallways

and offices. There will be a period of orientation while the teams get accustomed to their routes and duties on campus. During the orientation they will be on campus twice daily at noon and 4 p.m. The clients will be supervised by Christian Horizons representatives.

"This volunteer pilot project has Christian Horizons collecting recycling from the public areas at the Doon campus five days a week," said Christopher Graves, general manager of CSI. "The routine includes routes that cover the entire campus and facilitates serving a critical component of the recycling program as the addition of the classroom bins meant existing work routines could not empty all containers daily."

The project does not have a defined end date as it is still a work in progress, but it will begin shortly.

Now deep thoughts ... with Conestoga College

Random questions answered by random students

What's the worst New Year's resolution
you've ever made or heard of?



"Probably go to the gym. I
never follow through with
it."

John Webb,
second-year
marketing

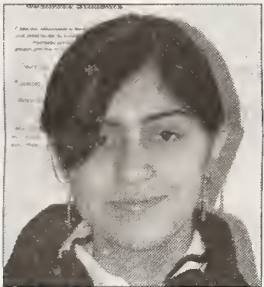
"Drinking less; that's the
worst one I've ever made."

Matt Standfast,
second-year
LASA



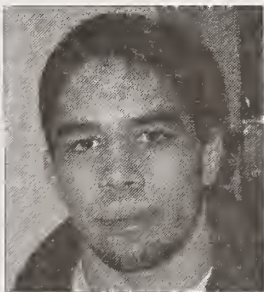
"Losing weight. People say
it, but they rarely follow
through."

Miriam Zahir,
second-year
broadcast



"I think the worst was a
person wanted to give up
sex for a year."

Ryan Lue,
second-year
police foundations



"Not shovelling snow. It
didn't work because it was
only January."

Steve Carbray,
first-year
broadcast - radio



"A person saying they want
to lose weight. They broke
it within the first week."

James Demers,
third-year
business administration
accounting



Smile Conestoga, you could be our next respondent!



PHOTO BY MITCH MUIR

Conestoga Students Inc. held their annual general meeting Dec. 1 to review the past school year and talk about future goals and plans. CSI board members this year are, from left, Mario Anglin, Lisa Jackson, Amanda Black, Ciara Byrne, Kristen Carmichael, Maria Fermin and Taryn Schmidt. In the back is vice-president Christopher Carson and president Sheena Sonser. The CSI staff members this year are RJ Beaumont, Christopher Graves, Tara Herriot, Bonnie Humphries, Srdjan Kokotovic, Janie Renwick and Katherine Witzel.

CSI reviews the past and plans for the future

By MITCH MUIR

One of Conestoga Students Inc.'s goals in 2009 was to ensure students had a comfortable and memorable stay at the college last year. This will continue to be a priority this year.

At their annual general meeting Dec. 1, CSI members reviewed their past activities and events and discussed plans for the coming school year.

CSI represents more than 7,000 full-time students and their first order of business was to ensure all students are aware of their presence and goals for the year.

At the meeting, Sheena Sonser, CSI president, said, "In our strategic plan, we wanted to redo our website. We have a lot more advertisements for events available, we also have the board doing biweekly blogs, inviting students out to events, and

informing them about everything and anything CSI is doing."

Even doing little things for the students is something CSI members are trying to accomplish.

"I know these guys (CSI) have been a lot more committed to setting up a booth on a biweekly basis giving out popcorn and cotton candy and event calendars," said Sonser. "I think they've really accomplished their goal this year."

CSI had many plans in 2009, including the college's first Green events, which encouraged students to think environmentally. CSI was also the host of Conestoga's first annual GREEN week, which was held March 23-26. One of the companies at the event was NORWEX, which promotes the use of chemical-free cleaning materials.

NORWEX uses a microfibre called the NORWEX microfibre,

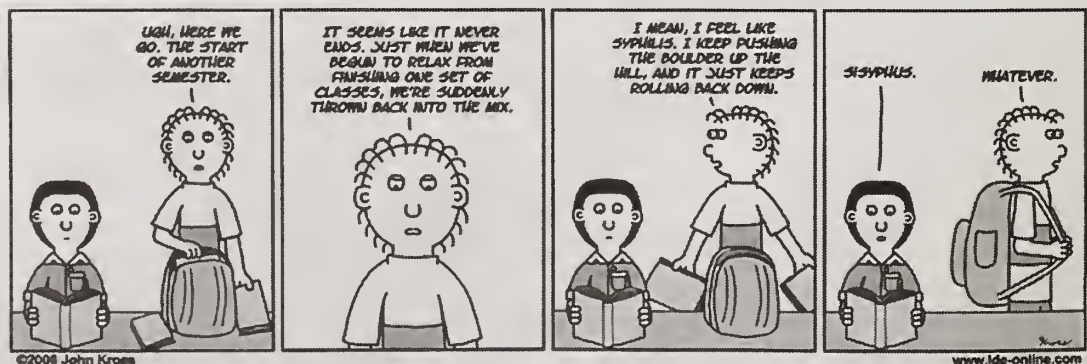
which is 1/100th the size of a strand of hair. According to the NORWEX website, when it's knit properly, the high quality microfibre becomes an excellent cleaning material.

Another goal of CSI this coming year is to help keep the students informed about the possible teachers' strike.

"We're working with the College Student Alliance to stay informed on what's going on, then posting those in our blogs so that students can be informed," said Sonser.

The Students Are Not Bargaining Chips Campaign is at the forefront of this issue as CSI continues to keep students informed of the situation. Full-time faculty received a postcard promoting the campaign and encouraging them to think long and hard before the Ontario Public Service Employees Union holds a strike vote.

LAST-DITCH EFFORT



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www.1de-online.com

Residence fees are too much

Making sure your sinks and showers are completely empty is something students living at Conestoga residence need to remember to avoid a fine of up to \$25.

Waking up late is stressful enough, since you need to get ready, eat breakfast and get to class on time. When you get out of the shower, removing the shampoo, soap and conditioner from the ledge isn't usually the first thing that crosses your mind. And after you eat breakfast you don't care about washing the dishes, you'll get to them when you get home from class.

However, when housecleaning comes to clean your room, the kitchen and bathroom need to be ready or you will have to pay, literally.

Don't get me wrong, students do hate cleaning and I think housekeeping is necessary. But if a student is running late and doesn't have time to get her room ready, then just don't clean it. There's no need to charge her. That means the room will go an extra two weeks



**Sarah
MacIntosh
Opinion**

without cleaning or students will have to get the job done themselves. I think charging them is taking it too far, I mean, we are students. Most forget or just didn't have the time.

Students pay a lot of money to live in residence. Most would believe we get to live here throughout the whole school year but during Christmas break it costs extra money to stay. This is a hassle for students like me who have jobs in Kitchener. We live in residence because the drive from home is too far. We need jobs so that we're able to get by everyday and pay extra fees when we are charged them. When we want to stay here and work more hours, we can't because we are charged more if we do.

There are a number of extra

fees at residence that don't make sense to me. When I moved in this year, they had the move in dates scheduled alphabetically by last name. I wasn't able to move in on my scheduled day and asked if I could come with the group coming in the day before. It was possible, but I had to pay \$30 extra.

Also, if you get locked out of your bedroom it's \$2 to get let in and if you lose the swipe card that allows entry to your suite it costs \$20 for a new one.

Of course, the one fee that students hate the most is the overnight charge. To have one guest stay overnight you pay \$5. I mean, first of all, there's pretty much nowhere for the guest to sleep other than in your bed or on your floor. Getting charged for that just seems unnecessary.

The point is that the people living in residence are clearly students and that means we're usually broke. I think we pay enough to live there, extra fees are just a money grab and should be done away with.

REUSABLE CUPS FOR COFFEE ON THE GO



PHOTO BY STACEY FALCONER

Conestoga's environmental co-ordinator, Melissa Shewman, spends the afternoon of Dec. 8 in the cafeteria promoting the use of "sustainable sips" rather than paper cups.

Try these tips to beat post-holiday blues

By GILLIAN WEBBER

The lights have been put away, the tree is at the curb and everyone has made a full recovery after those New Year's Eve parties. Now it's time to go back to class.

Some people view the start of the second semester as a fresh start and an opportunity to correct some of the mistakes they may have made during the autumn months. Students who achieved success in the first semester may naturally fall back into the same good work habits and continue to thrive in their academic and personal lives.

However, many students coming back in January find they have stalled after the break and have difficulty getting back into gear.

"Where (coming back) can be an issue is not so much when people first come back but as the semester gets going a bit more into January and into February," said Barb Kraler, a counsellor with Conestoga College's

Counselling Services. "So, for some people it can be that they're continuing to have some struggles. Maybe they were struggling in first semester and it's continuing for them so they're feeling discouraged.

"They may have, for a number of reasons, not really had rest and relaxation over the holidays. There may have

been issues that got triggered for them being at home with family. There are some conflicts in families sometimes and the holiday isn't what everybody is hoping it will be."

International students in particular may find that the holiday was a bit of a letdown if they were unable to travel home to visit family and instead spent the time alone.

This time of year can also be a trial for those who suffer from seasonal affective disorder, a type of depression influenced by the shorter, darker days of the winter months that can leave sufferers feeling pretty lousy.

"It is important to still keep taking care of yourself. Try to get outside, whether that's just going for a walk," said Kraler. "People who don't like the winter (and we've got a long winter here) tend to hunker down inside, but that may not be good for the body and you do want to expose your body to as much light as possible. There is also artificial lighting that you can buy now that can help."

If seasonal depression strikes, Kraler encourages students to make sure they do not become isolated, but stay physically and socially active to help alleviate that down in the dumps feeling. Going out with friends or getting involved with intramural

sports are easy ways to avoid spending too much time alone, allowing miserable feelings to fester.

"Just keeping up self care (is important)," said Kraler. "Eating well, trying to sleep well and taking care of yourself."

Many problems in second semester develop when students begin to question whether they have chosen the right program to pursue at college. Students with these kinds of doubts often become discouraged and begin to slack academically before giving up entirely.

Those who are trying to create a post-graduation game plan can visit Career Services to get some help finding a path to follow after finishing school. Counselling Services is available for students who find that family problems or other external issues are contributing to their depression and want to talk things over with someone. If problems are arising in the academic department, the Learning Commons can help students improve study and reading skills or provide guidance in achieving the time management habits that many people are always intending to develop.

"We're all famous for doing these New Year's resolutions and we think we're going to make all these great changes," said Kraler, "but

it's OK to reach out for help to make those changes rather than just letting them all go by the wayside. Just break things down into small pieces because I think we make too broad a goal and then it feels like 'I can't do any of that' and so people do nothing."

If you're struggling with a vague goal such as improving your performance in school, Kraler recommends breaking it down by focusing on beginning work on assignments earlier instead of leaving them until the last minute.

"I think the important thing is if you are feeling down and you're feeling unmotivated and then it's become 'Oh, I haven't been to class for a week,' get help early," said Kraler, "because what's really sad is when we see someone like mid-March, beginning of April and they go 'I just kind of lost my whole semester here because I let all of that stuff build up' or 'I became depressed and I sort of started staying home and not going to class' then it compounds your problems."

HAVE THE SUMMER OF YOUR LIFE!

CAMP WAYNE FOR GIRLS is a children's sleep-away camp in northeast Pennsylvania (6/19-8/15/10). If you love children and want a caring, fun environment we need Counsellors and Program Directors for: Tennis, Swimming, Golf, Gymnastics, Cheerleading, Drama, Ropes Course, Camping/Nature, Team Sports, Waterskiing, Sailing, Painting/Drawing, Ceramics, Silkscreen, Printmaking, Batik, Jewelry, Calligraphy, Photography, Sculpture, Guitar, Aerobics, Self-Defense, Video, Piano. Other staff: Administrative, CDL Driver (21+), Nurses (RNs and Nursing Students), Bookkeeper, Nanny. On campus interviews January 27th. Select the camp that selects the best staff! Call 1-215-944-3069 or apply online at www.campwaynegirls.com

Sunrise Centre makes a difference in kids' lives

By **HEATHER MUIR**

Shrieks of excitement echo through the barn when the children come in for their riding lessons.

Most of these kids have disabilities such as Down syndrome or autism.

Since 1982 Sunrise has been helping these kids as well as adults with physical and developmental disabilities.

Therapeutic riding has made a difference in all their lives. The friendly staff and volunteers make it possible for these children and adults to lead a fuller life.

"We work on muscle strengthening and stimulation of the brain," said head instructor Krista Breen. "We have kids that can talk and some that can't, so we try to encourage noise out of the ones that can't."

The strength and ability of the kids determines how many volunteers are needed during the lesson. Sometimes they just need someone to lead the horse around the arena and others need to have a lead and two side walkers to help balance them on the horse.

Four-year-old Ava Evans just started coming to Sunrise. She can't speak, but after a few riding lessons, the noises that have been encouraged by the instructor have helped her to communicate with the instructor and volunteers.

"Throughout the lesson we have them sort different objects like balls or cars. We use squish kinds of balls with holes in them, which helps

them develop their muscles and then they slide the ball onto a pole, which works hand and eye co-ordination and stimulates the brain," said Breen.

Sunrise even has students from other countries come out for co-ops at the farm.

Anja, who did not want her last name used, came from Germany to teach and learn to work with disabled children and adults. Her term at Sunrise is finished now but she wishes she could stay longer.

"It has been a great learning experience for me, and I will never forget the smiles on their faces when they got on their horses, there's no words to describe how it feels," she said.

The next intern will arrive in January from Ecuador.

The farm has been hit hard by the poor economy and is seeking help from anyone who can give a donation.

"We are a registered charity, so we survive on donations, and the help of volunteers. We want to keep this farm going for these people; it's like a home away from home for them. They feel more independent when they come here and the excitement is just breathtaking," said executive director Ann Caine.

Today Sunrise is home to 25 well-trained and friendly horses, two alpacas, four miniature horses, two miniature donkeys and one standard donkey.

For more information you can call or email Sunrise at 519-837-0558 or info@sunrise-therapeutic.ca.



The Sunrise sign welcomes you to the farm at 6920 Concession 1 in RR#2 Puslinch.



Ava is encouraged to focus on putting the balls into the toy truck, which helps with brain stimulation.



A walkway was built from the car park to the offices at Sunrise as a thank you to donors, whose names are etched in the bricks.



The horses have five big paddocks outside where they can graze and relax when not working.



Four-year-old Ava Evans gets ready to ride her horse, Trooper, with two side walkers to help her stay balanced on the horse.



It's not just horses on this farm. Kids also learn about and interact with alpacas, miniature donkeys and miniature horses.

PHOTOS BY HEATHER MUIR



From left to right, Krista Breen, head instructor, Cathi Illerbrun, an instructor in training, and exchange student Anja. These three are only a small part of the team at Sunrise.



PHOTO SUBMITTED

Military recruitment officers came to Conestoga to inform students about education and job opportunities within the Canadian Armed Forces and Canadian Navy. Organizers of the event and presenters included, from left, Chief Petty Officer (second class) David Jackson, Mitch Wawzonek, chair of electronics and mechanical engineering, Sgt. Karen Lavert, Master Seaman Aaron Rogers, Sgt. Pat Marceau, Leonid Epshteyn, second-year electrical engineering technologies student, and Mike Diamond, manager - engineering, technology and trades training, School of Engineering and Information Technology.



Chief Petty Officer David Jackson discusses job opportunities with an attendee at the Armed Forces presentation, aimed at recruiting students into the Forces' subsidy program.

PHOTOS BY ALEX COOKE

Military needs a few good men and women

By ALEX COOKE

Canadian Armed Forces and Canadian Navy recruiters talked to around 30 Conestoga engineering students about opportunities to serve, get education and gain guaranteed employment via a subsidized program on Dec. 3.

Held in the ATS building, the hour-long seminar was presented in the hopes of getting students interested in technical careers in the Canadian Navy and Armed Forces.

The program is part of a recruitment effort, as thousands of technicians are needed to fill jobs left vacant by those lured away from the military.

First-year electrical engineering student, Scott Reidel, described himself as a non-aggressive person interested in defence.

"It's a good thing in this recession," he said. "Just to have a career after school, and travel opportunities."

Chief Petty Officer (second class) David Jackson opened the presentation with a music video that appealed to young, aggressive men. The video featured heavy guitar and

repeated missile launches, spliced in with real video of communications equipment on Canadian ships.

Jackson's favourite part of his job as a recruiter for the Navy is getting his message out to the younger generations.

"I love it," he said. "There are so many career and education opportunities in the Armed Forces."

Jackson gave a brief PowerPoint presentation outlining salaries and the responsibilities of those who join. He also gave a strong advisory for younger people to discuss their plans with family and friends before signing up.

"Please, this is a serious decision," he cautioned. "Don't base your decision on money alone."

Although the primary skills discussed on Dec. 3 were technical trades, there are a growing number of studies being recognized for the subsidy program, such as culinary arts and medical technician.

Upon signing a six-year contract with the Canadian military, each person is guaranteed a salary of \$31,488 for their first year of studies and in their second year that

jumps to \$38,496.

"That's a pretty darn good wage," Jackson said.

After graduation there are responsibilities for such competitive wages. The Armed Forces requires two months of service for every month of paid tuition, books and living expenses.

After Jackson finished his presentation, Master Seaman Aaron Rogers explained his duties as a communications technician for the Canadian Navy.

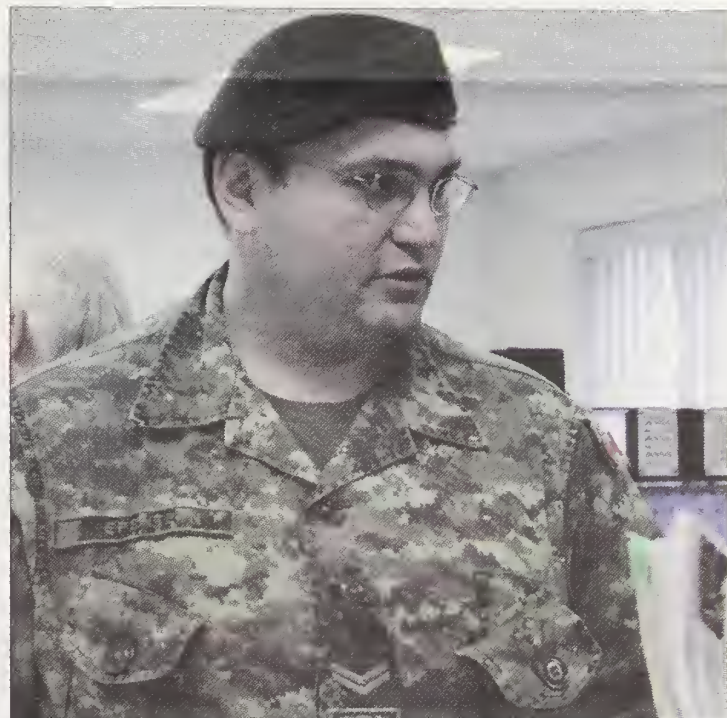
Rogers, whose father served in the same field for 34 years, has been in the field for a decade.

He had a few slides to show the gathering, including the newest satellite on Canadian ships called the Nera B, a satellite that allows Internet on board.

"If this satellite goes down, and you're a communications technician, boy do you hear about it," Rogers said, as the audience laughed in response.

All approved occupations and explanations of lifestyles are listed on the Canadian Forces website at www.forces.ca.

The Armed Forces recruiting office is located at 15 Duke St. in Kitchener.



Leonid Epshteyn, a second-year electrical engineering technician student at Conestoga and a Canadian Armed Forces recruit, was decked out in army fatigues for the presentation on Dec. 3.



Master Seaman Aaron Rogers, right, gets technical after a presentation detailing education and job opportunities in the Navy.

A year in review

By NICOLE FRANK

This time of year people like to reflect on past events. Once it is officially the new year, reminiscing about the highs and lows of the past 12 months seems to be the next step. Sometimes it's hard to remember what happened two weeks ago let alone six months ago, so it is fun and sentimental to revisit the year. The following events are noteworthy in 2009:

Jan. 20 – Barack Obama is inaugurated as the first U.S. African-American president.

The whole world seemed to celebrate.

Jan. 22 – Obama signs an order to close Guantanamo Bay. It is infamously known as a prison where inmates are treated inhumanely. The majority of Americans are proud that they chose a president who is so passionate and caring.

Feb. 7 – The deadliest bushfires in Australian history devastates the country. These types of fires are common but last year the extremely hot weather and drought made the fires the worst natural disaster in more than a decade. The fires killed 171 people, injured over 500 and left 7,500 homeless.

June 11 – The H1N1 influenza, commonly known as the swine flu, is pronounced a global pandemic.

A new version of the flu virus, H1N1, was first detected in Mexico and prompted the World Health Organization to announce the first global flu pandemic in 41 years. Ontario has confirmed 61 deaths from the H1N1 virus and health officials are highly recommending that people get the vaccine.

June 25 – Michael Jackson dies and the entire world mourns. Soon after, controversy spreads about the role Jackson's doctor played in his death. Jackson's autopsy results are not made public until months later.

Jackson's albums skyrocket to No. 1 and the feature film on his final concert made millions at the box office.

Dec. 4 – The unemployment rate in Canada reaches 8.5 per cent. This has not been the year for the economy. Thousands of Canadians have lost their jobs, leaving many frustrated and fearful.

Overall, 2009 was fairly grim and depressing, so we're hoping 2010 is a better year.

The views herein represent the position of the newspaper, not necessarily the author.



Keep resolutions simple

Stop setting lofty goals and enjoy yourself this year

With a new calendar before us, and a new semester that will surely zip by faster than we thought possible, it isn't difficult to forget all those great expectations we jotted down on New Year's morning.

New Year's resolutions have always frustrated and scared the hell out of me.

They're always the same; lose weight, make more money and quit drinking. How can we expect ourselves to keep resolutions such as losing weight and quitting a habit that goes hand in hand with New Year's Eve parties?

"Sorry, now that it's midnight, I can't drink or smoke anymore" — get real!

Why do we set ourselves up for this disappointment every year? As soon as we make these resolutions, we know there is no chance that we'll ever keep them.

Every website about resolutions I visit is surrounded by ads for weight loss and debt management. We're doomed before we've even tried, inundated with messages that we aren't good enough yet. Just a few visits to the gym, and then I'll be worthy.

Worthy of what?



Alex
Cooke
Opinion

First, I suggest that resolutions not be made at the beginning of the year.

Following on the heels of Christmas, with all that yummy food to share with family and friends, it is normal to gain a few pounds. Also, winter is cold and we need some extra insulation to help keep us warm. That's what I tell myself anyways.

“

“Sorry, now that it's midnight, I can't drink or smoke anymore” — get real!

”

Why not make resolutions every day? That seems like something that might be a bit more attainable.

Every morning, while you're eating breakfast or on

your commute to school or work, make a short list of things you want to get done that day.

Remember the KISS rule. NO, no, don't do as Gene Simmons does, or God help us all.

Keep It Simple Stupid!

Have four or five goals for each day.

"I'll do one good deed today." This can be as simple as holding a door open for someone, or sparing the quarter they need to buy their lunch, or board a bus.

Yes, keeping physically active is an important goal to have in your mind, but instead of thinking of all the weight you want to shed, commit to taking the stairs instead of the elevator or take a brisk walk during a lunch break.

Better yet, no matter how naive it seems, try to get as much out of life as you can.

Open your eyes, look around and realize that there is a whole world out there. You can make an impact, or you can retreat into yourself and let things happen.

Change happens in your soul, not when written down on a silly piece of paper.

Letters are welcome

Spoke welcomes letters to the editor. Letters should be

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Writers will be contacted for verification.

No unsigned letters will be published.

Letters should be no longer

than 500 words.

Spoke reserves the right to

edit any letter

for publication.

Address correspondence to:

The Editor, Spoke, 299

Doon Valley Dr.,

Room 1C30, Kitchener, Ont.,

N2G 4M4



Editor: Mitch Muir

Advertising Managers: Justine Reist and Nick Dasko

Spoke Online Editors: Gillian Webber and Greg Cowan

Production Managers: Dane Brason, Chris

Batt, Nicole Hannusch and Michelle Sommer

Circulation Manager: Freeman Carter

Photo Editors: Stacey Falconer, Alex Cooke, Sarah Macintosh, Lisa Bucher, Janelle Scheifele and

Nicole Frank

Faculty Supervisor and Adviser:

Christina Jonas

Spoke's address is 299 Doon Valley Dr., Room 1C30,

Kitchener, Ontario, N2G 4M4.

Phone: 519-748-5220, ext. 3691, 3692, 3693,

3694 Fax: 519-748-3534

Email: spoke@conestogac.on.ca

Website: www.conestogac.on.ca/spoke

SPOKE

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PHOTO BY MITCH MUIR

The women's volleyball team is new this year at Conestoga. Next year they hope to compete in OCAA.

Team tries to spike OCAA

By MITCH MUIR

This year, there are many new things at Conestoga. One of those is a new parking lot. We also have new bikes for the security patrol, and both men's and women's soccer teams have a new head coach. Has anyone heard of the new volleyball program?

It's been 10 weeks now," said Doug Veldman, head coach for the women's volleyball team. "We're playing just exhibition matches and tournaments, so this team that came in here (the rec centre) tonight is an under-18 club team."

The team Veldman is referring to is the Cambridge Hawks, who lost 3 of 4 games to the Condors on Dec. 3.

"We have played them before," said Veldman. "They beat us four games out of five, so I'm pretty happy."

In game one, Cambridge took a 5-3 lead early in the match, but Conestoga took control and got out to a 9-6 lead halfway through the game. Conestoga had much better centre coverage and set ups through the first game than Cambridge, and it showed with a 25-16 Condor victory.

In game two, Cambridge stepped out to a 3-0 lead early, only to have Conestoga come back once again for a 5-4 lead. The game went back and forth like a seesaw until Conestoga went on a small

rampage for a 20-15 lead. But the Hawks weren't done, as the battle of the birds escalated to a one-point game, before Conestoga sealed the deal with a 25-21 final.

Kelsey Burton, 22, a first-year dietetic technician student, played volleyball at Algonquin College for four years, and is this year's captain.

"It's been a new start for a lot of players," said Burton. "We're starting with the basics and we've improved a lot since the beginning."

It will be an uphill battle for Conestoga to form a team good enough to qualify for competition in the Ontario College Athletics Association volleyball league.

"When everybody's new, we're all rookies, and we've got to start bonding as a team," Burton said.

Samantha Stevens, 19, a second-year paramedic student, was named co-captain. She is optimistic this year.

"We've all done really well at becoming a team. We all work well together and have gotten to know each other really well," said Stevens.

She played club volleyball before joining the team here, playing for the Waterloo Tigers and K-W Predators.

The team does not have a shortage of experience or grit.

In game three, Cambridge once again took a 3-0 lead, and held it longer into the match this time. The Hawks lacked centre coverage and

Conestoga's smashers were knocking it right down on the Hawk's weak spot. The Condors quickly tied it up and took a 9-6 lead in the middle of the game. The lead grew to 17-11 late in the match, and wound up 25-18 for the Condors.

In the final game, the sombre mood of the Hawks' bench was in stark comparison to the cheering and laughing coming from the Condors' side. But game four was different than the other three games.

Cambridge jumped out to a commanding 8-1 lead before Conestoga began whittling away at the deficit. Conestoga called a time out when the score reached 13-8 in favour of Cambridge.

"In the final time out we told them, can you do this, can you fight back and get this game?" said Veldman.

Cambridge got their 14th point right away, but Conestoga wasn't finished.

As people watched, the deficit diminished, from six points down to three. Before Cambridge could react, the Condors were within a single point and were chomping at the Hawks' tail feathers. But that's as close as they would come, as Cambridge got the elusive 15th point needed in the final game to win.

Veldman was happy with the night, but wishes they could have won the last game.

"That was a tough one to lose."

Covering Olympics a lot of work

By GREG COWAN

The eyes of soccer fans around the world will be on South Africa during the 2010 World Cup.

This summer, Conestoga graduate Brenda Irving was learning first-hand how much the "beautiful game" was affecting the country.

"This summer we went to the Confederation Cup in South Africa and we did about 25 stories just on various things like soccer in South Africa, apartheid's role in the development of soccer, everything from that to safety in the country," said Irving, who graduated from a three-year radio and television broadcasting course in the early '80s.

Irving has been from coast-to-coast and ocean-to-ocean all over the globe, covering every imaginable sporting event for the CBC.

The Cambridge native aspired to be a gym teacher during her days at Preston High School, but she enrolled at Conestoga after a friend suggested she could one day work for Hockey Night in Canada.

"When I got out of school in the early '80s there weren't any female broadcasters. I couldn't find a job in sports so I started doing news," Irving said.

A few years later, after working at local stations across Canada, Irving became the first of the fairer sex to appear on the historic Saturday night hockey broadcast.

Irving has since covered seven Olympic Games and numerous world championships in figure skating and track and field.

Her most memorable moment was not necessarily because of the sport, but the infectious atmosphere around it.

"The World Cup in Korea, when Korea went on that incredible run and made it through to the bronze medal game," Irving recalled.

"It was unbelievable because the country was just crazy and there were so many great stories to cover."

Irving's job allows her to see parts of the world some will never experience, but she

says the work distracts her from any sightseeing she may want to accomplish. During the 2000 Olympics in Sydney, Irving was too busy gathering background information on every gymnast to travel the continent.

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"It is like running a marathon. If you ask someone while they are running if they are having fun they aren't going to say they are having fun, but once it is over and you do a good job and cover great events you know it's all worth it.

- Brenda Irving

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"It is 18-hour days. It is unbelievable, you only have enough time just to sleep and you wish they were 40-hour days because there is so much work to do.

"You can never get it all done as well as you'd like to," she said.

But that doesn't mean she didn't love the experience.

"It is like running a marathon.

"If you ask someone while they are running if they are having fun they aren't going to say they are having fun, but once it is over and you do a good job and cover great events you know it's all worth it," Irving said.

As a seasoned veteran in the broadcasting field Irving has seen the productions evolve from basic over-the-shoulder graphics to in-depth, "Much-Music-style features."

She says new graduates should be ready to work hard and be able to satisfy today's sophisticated viewer.

"Call me old-fashioned, but the ones that get ahead are the ones that do what we had to do in the old days and that is work your butt off (and) come in all hours of the day and night to learn," Irving said.

"It will come down to who wants it most. Who is willing to work the hardest."



HOROSCOPE

Week of Jan. 11, 2010



Aries

March 21 -
April 19

You will have terrifying nightmares about pirates. This will be a source of great amusement until you find a peg leg in your closet.



Libra

September 23 -
October 22

On the weekend, a vicious, violent rabbit will attack you. You will be OK because you will use the Holy Hand Grenade.



Taurus

April 20 - May 20

On Tuesday you will be walking down the street when your eyes will water profusely. This is because someone has released tear gas nearby.



Scorpio

October 23 -
November 21

On Friday, you will get hit in the sternum by a slapshot. This will hurt tremendously but make you some money, as it will be at a game.



Gemini

May 21 - June 21

You will be forced to take a long, frustrating tour as part of your education. A security guard will waste a great deal of your time.



Sagittarius

November 22 -
December 21

On Wednesday an athlete will cleat you. This is rather odd as you will be on the sidewalk of a city street when it happens.



Cancer

June 22 - July 22

A barbershop quartet will follow you endlessly this week. They will sing musical versions of dirty limericks. This will be embarrassing.



Capricorn

December 22 -
January 19

At some point during the week you will get hit in the head by a shuttlecock. This is not a catastrophic injury but it is embarrassing.



Leo

July 23 - August
22

This week a wolf will move into your area and start eating your livestock. This is only an issue if you are a farmer. Other people should not own livestock.



Aquarius

January 20 -
February 18

On the weekend you will be attacked by a pack of angry tweens dressed as zombies. This is very strange considering the time of year.



Virgo

August 23 -
September 22

Your neighbour will purchase a rooster. This will become quite annoying, especially since you live downtown away from farms.



Pisces

February 19 -
March 20

A large woman of Tibetan descent will challenge you to a game of canasta. She will hustle you for all your money.



Nick Dasko is a second-year journalism student who makes these up for your amusement.

CHILDREN OF BODOM SELL OUT CLUB ELEMENTS



PHOTO BY JUSTINE REIST

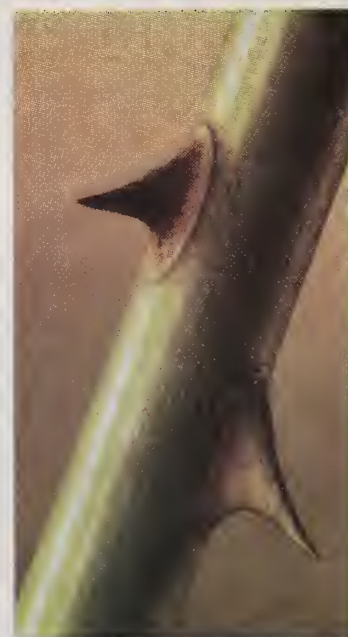
Alexi Laiho of Children of Bodom played to a sold-out crowd at Club Elements in Kitchener Dec. 4. Upcoming shows include Arch Enemy Jan. 27 at The Phoenix in Toronto, Motley Crue Feb. 4 at the ACC in Toronto and Eric Clapton with Jeff Beck Feb. 21 also at the ACC.

WHEN DATING TURNS DANGEROUS

Are you abusive?

Have you every wondered why you sometimes feel as though you must have control over your partner's actions, relationships, and behaviours? In other words, are you aware that abuse may be taking place in your relationship? You may be emotionally abusing your partner without understanding what you are doing or why you are doing it. Or you may understand what is happening, but not know how to stop.

- ❖ Do you blame your partner whenever things go wrong?
- ❖ Do you control what your partner does, whom they see and talk to, the use of the phone or car, and where they go?
- ❖ Are you jealous of your partner's friends, male or female?
- ❖ Do you say hurtful things and then say you were only joking?
- ❖ Do you put fear in your partner by smashing things, or by using looks, loud voices or gestures?
- ❖ Have you ever hit, slapped, grabbed or pushed your partner?



If you have answered yes to any of these questions, help is available. Realizing that you may be exhibiting abusive behaviour is the first step in combating it. Counsellors are available through your Counselling Office, Doon Campus, Room 1A101, 748-5220 ext 3360, Guelph Campus, Admin. Office, 824-9390 ext. 148 or Waterloo Campus, Room 1C04, 885-0300 ext. 224. Information on community support is available through your Counselling Office. If you are being abused, report behaviours to Campus Security (Doon campus, Room 2B10 ext. 3357) and/or the Police. All above services are confidential.